

# Stephanie & Jill's Weasel Words & Phrases

These are words we overuse or that sneak into our first drafts despite our best efforts to keep them out.

## Stephanie's List

Quirked (my characters are always quirking eyebrows)  
So-and-so rolled her eyes/ran her hands through her hair  
Like  
Just  
Were  
Was  
Said  
Asked  
Very  
Smile(d)  
Sigh(ed)  
Really

“Or something” (I like to throw that in to the end of a lot of my sentences for some reason.  
“We should go to the movies or something.”)

Past/Passed—I have issues remembering which is correct.

It—Especially at the start of sentences. Often “it” should be replaced with something more specific.

## Jill's List

### **Vague words**

Many, few, lots, a lot of, a little, some, most, almost, more, a few, rather, might, perhaps, much, often, for the most part, like, seem, etc.

### **Absolutes**

Every, very, entire, everyone, everything, etc.

### **Verbs that facilitate telling**

Feel/felt, see/saw, hear/heard, think/thought, look, watch, taste, smell, wonder, decide, notice, remember, recall, consider, ponder, is, am, are, was, were, has, had, have, etc.

### **Infinite Verb Phrases (Starting sentences with —ing words)**

### **Continuous action words**

As, when, while, after, continued to.

### **Pronouns**

Overuse of “they” or “them” tends to create the feel of an omniscient POV.

### **Time transitions**

Just, then, as, the next day, all at once, soon, etc.

### **Adverbs**

Softly, angrily, sadly, really, basically, immediately, very, actually, surely, usually, truly, suddenly, etc.

### **Double verbs**

Started to, began to.

### **Some other words on my list**

Thought/though/through, loose/lose, there, it, be, being, been, became, that, well, poor, anyway, quite, however, about.